

For Online Security Please Ensure ALL Software is Up-To-Date  
Right Click on Link and select Open Hyperlink  
If a Link doesn't open, copy and paste to browser

KEEPING FIT	Physio Exercises for Seniors <a href="https://login.physiapp.com/login">https://login.physiapp.com/login</a> Open the Physiapp program and enter the following codes Code = <b>bpuhjkc</b> Date of Birth = <b>2020</b>
CRAFT	Knit or crochet for Charity. Patterns, Delivery options on website <a href="https://www.kogo.org.au/">https://www.kogo.org.au/</a>
MUSIC	Melb Symphony Orchestra <a href="https://www.mso.com.au/">https://www.mso.com.au/</a> Singing for Beginners. Scroll down to free resources lesson videos <a href="https://www.vocalnebula.com/">https://www.vocalnebula.com/</a> Ukulele Lessons <a href="https://ukuleleunderground.com/">https://ukuleleunderground.com/</a>
LANGUAGES	<a href="https://translate.google.com/">https://translate.google.com/</a> <a href="https://www.francaisavec pierre.com/">https://www.francaisavec pierre.com/</a> <a href="https://www.duolingo.com/learn">https://www.duolingo.com/learn</a>
BRAIN EXERCISE	<a href="https://www.seniorsonline.vic.gov.au/services-information/games">https://www.seniorsonline.vic.gov.au/services-information/games</a> Puzzle books Jigsaws
INTERESTS	<a href="https://www.zoo.org.au/animal-house">https://www.zoo.org.au/animal-house</a> <a href="https://museums victoria.com.au/melbournemuseum/at-home/">https://museums victoria.com.au/melbournemuseum/at-home/</a> <a href="https://artsandculture.google.com/">https://artsandculture.google.com/</a>
COMPUTERS	<a href="https://beconnected.esafety.gov.au/">https://beconnected.esafety.gov.au/</a>
OTHER	Ted Talks on all topics of interest. Join up with email address <a href="https://www.ted.com/talks">https://www.ted.com/talks</a> Library on line <a href="https://www.yourlibrary.com.au/">https://www.yourlibrary.com.au/</a> Keep a daily diary Write and mail letters to grandchildren, family, neighbours etc
FOR THE KIDS	Amazon Free Audible Books for Kids <a href="https://stories.audible.com/start-listen">https://stories.audible.com/start-listen</a> ABC Kids Radio <a href="https://radio.abc.net.au/stations/kidslisten/live">https://radio.abc.net.au/stations/kidslisten/live</a> ABC Reading Eggs <a href="https://readingeggs.com.au/">https://readingeggs.com.au/</a> Playschool <a href="https://www.abc.net.au/abcforkids/sites/playschool/">https://www.abc.net.au/abcforkids/sites/playschool/</a>